



Centers for Disease Control and Prevention **H1N1 Flu**  
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## H1N1 Flu: Interim Guidance for People With Heart Disease, Stroke, or Cardiovascular Disease

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Clinicians and health departments should see [H1N1 Flu and Patients With Cardiovascular Disease \(Heart Disease and Stroke\): Interim Guidance and Considerations for Health Care Providers and for State and Local Public Health Agencies \(/h1n1flu/guidance/cardiovascular.htm\)](http://www.cdc.gov/h1n1flu/guidance/cardiovascular.htm).

*This document provides interim guidance and will be updated as needed.*

General information regarding H1N1 Flu can be found at: [http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm) ([http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)).

The information below is important for people with heart disease, stroke, and cardiovascular disease.

- Maintain a two week supply of your medications.
- Do not stop taking your medications without first consulting your health care provider, especially in the event of influenza or a respiratory infection.
- People with heart failure should be alert to changes in their breathing and should promptly report changes to their health care provider.
- It is especially important to wash your hands often with soap and water and follow other basic hygiene to avoid infection.

## For More Information

- The Centers for Disease Control and Prevention (CDC) Hotline (1-800-CDC-INFO) is available in English and Spanish, 24 hours a day, 7 days a week.
- Links to non-federal organizations are provided solely as a service to our users. These links do not constitute an endorsement of these organizations or their programs by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links.

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